IN THE SPECIFICATION:

Please replace the Abstract with the new Abstract of the Disclosure attached hereto on a separate sheet of paper.

Please amend the paragraph beginning on page 12, line 10 as follows:

Also, in a preferred embodiment, the main-body and projections are preferably formed of a visco-elastic foam material having a density range of 2.0 to 3.0. pcf, and said projections of said first group and said projections of said second group are of a common general shape with the pillow preferably further comprising a third projection group spaced from the first and second groups of projections. In addition, first projection group preferably includes laterally spaced apart longitudinally extending rows of projections, and said second group of projections include longitudinally extending rows of projections of larger size or volume than the projections in said first group, and longitudinally extending rows of said second projections being positioned to opposite outer lateral sides of said first group projections and wherein said third projection group comprises first and second extension ridges extending longitudinally and positioned to opposite lateral sides of said second group of projections. Also, first and second extension ridges are provided respectively, at the front and rear edges of said main-body and extend longitudinally from end to end at the front and rear of said pillow, and also wherein said surface of said main-body has a convex curvature that extends preferably in at least a lateral direction or only in a lateral direction. Furthermore, the projections in said first and second groups preferably have an average cross-sectional width value that is greater than a distance of extension of said projections transversely off a supporting surface of said main-body, and wherein said distance of extension of said first and second groups is within 15% of each other. In an alternate embodiment of the invention there is featured a pillow, comprising a main-body, projections arranged in a plurality of rows of said projections extending off said main-

body, and said projections including a first type of projection having a first support characteristic, a second type of projection having a second support characteristic and a third projection type, with said first, second and third projection types being arranged on said main-body to define first, second and third different support characteristic zones, and wherein said first type of projection preferably includes laterally spaced apart longitudinally extending rows of projections and said second type of projections includes laterally spaced apart longitudinally extending rows of projections, and wherein third projection type includes a longitudinally extending ridge extension or two or more of the same spaced laterally apart as in one at each front and rear edge of the pillow. Also, in a preferred embodiment said first, second and third projection types are arranged laterally in a sequence of first ridge extension, first longitudinal row of second type projection, pair of longitudinal rows of first type projections, second longitudinal row of second type projections and second ridge extensions, and the pillow preferably has a symmetric relationship with respect to projection types about a centrally located longitudinal cross-section line. Also, said first and second projection types preferably have compressive force deflection (CFD) values of .35 to .55 lbs and .60 to .80 lbs, respectively, with a density range of foam forming said first and second projection types of 2.0 to 3.0 pcf and wherein said first projection type is more centrally positioned than said second projection type.